

## OCTOBER 2011 FREDERICK SENIOR CENTER ACTIVITIES

| <i>Mon</i>   | <i>Tue</i>   | <i>Wed</i>  | <i>Thu</i>  | <i>Fri</i>  |
|--|--|---|---|---|
| <b>3</b><br>9:30-Strength Training<br>11:00-M&M Exercise<br>12:30-Wheel of Fortune<br>1:00-Art Class<br>2:30-Book Club | <b>4</b><br>10:00-Blood Pressure<br>11:00-Strength Training<br>12:00-Mah Jongg<br>12:15-Chair Yoga*<br>12:35- <u>Bingo</u> | <b>5</b><br>9:00-Strength Training<br>11:00- M&M Exercise<br>11:00-Trip to Elder Expo<br>12:30-Bridge/Pinochle<br>12:30-Zumba Gold*<br>1:30-Line Dancing*                               | <b>6</b><br>9:00-Quilting<br>11:00-Strength Training<br>12:15-Chair Yoga*<br>12:30- <u>"Golden Tones"</u><br>1:00-Bookmobile<br>1:30-Knitting   | <b>7</b><br>9:30-Strength Training<br>12:30-Canasta<br>12:30-Zumba Gold*    |
| <b>10</b><br><br><u>CLOSED</u><br><br>COLUMBUS DAY   | <b>11</b><br>11:00-Strength Training<br>12:00-Mah Jongg<br>12:15-Chair Yoga*<br>12:35- <u>Bingo</u>                        | <b>12</b><br>9:00-Strength Training<br>11:00-M&M Exercise<br>12:30- <u>Garden Therapy</u><br>12:30-Bridge/Pinochle<br>12:30-Zumba Gold*<br>1:30-Line Dancing*                           | <b>13</b><br>9:00-Quilting<br>11:00-Strength Training<br>12:15-Chair Yoga*<br>12:30- <u>"How The TransIt System Works"</u>                      | <b>14</b><br>9:30-Strength Training<br>12:30-Canasta<br>12:30-Zumba Gold*   |
| <b>17</b><br>9:30- Strength Training<br>11:00-M&M Exercise<br>12:30-Wheel of Fortune<br>1:00-Art Class                 | <b>18</b><br>11:00-Strength Training<br>12:00-Mah Jongg<br>12:15-Chair Yoga*<br>12:35- <u>Bingo</u>                        | <b>19</b><br>9:00-Strength Training<br>10:15-Computer Dis. Group<br>11:00-M&M Exercise<br>12:30-A Time To Talk/Edi<br>12:30-Bridge /Pinochle<br>12:30-Zumba Gold*<br>1:30-Line Dancing* | <b>20</b><br>9:00-Quilting<br>10:00-1:30- <u>BINGO BASH</u><br>11:00-Strength Training<br>12:15-Chair Yoga*<br>1:00-Bookmobile<br>1:30-Knitting | <b>21</b><br>9:30-Strength Training.<br>12:30- Canasta<br>12:30-Zumba Gold* |
| <b>24</b><br>9:30- Strength Training<br>11:00-M&M Exercise<br>12:30-Wheel of Fortune<br>1:00-Art Class                 | <b>25</b><br>11:00- Strength Training<br>12:00-Mah Jongg<br>12:15-Chair Yoga*<br>12:35- <u>Bingo</u>                       | <b>26</b><br>9:00- Strength Training<br>11:00-M&M Exercise<br>12:30- <u>"My Plate"/Kitty</u><br>12:30-Bridge/Pinochle<br>12:30-Zumba Gold*<br>1:30-Line Dancing*                        | <b>27</b><br>9:00-Quilting<br>11:00-Strength Training<br>12:15-Chair Yoga*<br>12:30- <u>"Forgetfulness"/Steve</u><br>1:00-Bookmobile            | <b>28</b><br>9:30-Strength Training<br>12:30-Canasta<br>12:30-Zumba Gold*   |

**FREDERICK SENIOR CENTER**-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605  
 LINDA MCGINNES-COORDINATOR 301-600-3525 [www.FREDERICKCOUNTYMD.GOV/DOA](http://www.FREDERICKCOUNTYMD.GOV/DOA)  
 MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE  
 HOURS-M-F-8:30-4:00